



SEATTLE PARKS  
AND RECREATION

# GREEN LAKE

## *Community Center & Evans Pool*

### ***WINTER 2006***

7201 E Green Lake Drive N

Community Center: 206-684-0780

Evans Pool: 206-684-4961

or, visit us on the web at  
[www.seattle.gov/parks](http://www.seattle.gov/parks)

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## Community Center General Information

### Green Lake Community Center

7201 E Green Lake Dr N  
Seattle, WA 98115-5301  
Phone: 206-684-0780 Fax 206-684-0881  
Visit us online at [www.seattle.gov/parks!](http://www.seattle.gov/parks!)

#### Hours of operation

Monday – Friday 10 a.m. to 9 p.m.  
Saturday 9 a.m. to 5 p.m.  
Sunday Closed

#### Holiday Closures

Sunday, January 1 & Monday, January 2, New Year's Holiday  
Monday, January 16, Dr. Martin Luther King, Jr.'s Birthday  
Monday, February 20, Presidents' Day

#### Program registration

Walk-in and phone-in registration begin Monday, December 12  
Spring Sports Registration begins Monday, February 27, 2006

#### Program dates

January 3 to March 31, 2006

#### Directions

The Community Center and Pool are located on E Green Lake Dr N at NE 72nd St.

#### Heading North on I-5:

- Take the 65th St./ Ravenna Blvd. exit
- Turn left on 65th St. heading west
- Bear right on NE Ravenna Blvd. heading northwest for .3 miles
- Bear right on E. Green Lake Dr. N. heading northwest to Green Lake Community Center and Evans Pool at 7201 E. Green Lake Dr. N.

#### Heading South on I-5:

- Take the NE 70th St. exit
- Turn right onto NE 70th St.
- Continue on NE 70th St. heading west until you reach Green Lake Dr. N.
- Turn right onto Green Lake Dr. N. heading northwest to Green Lake Community Center and Evans Pool at 7201 E. Green Lake Dr. N.

#### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

#### E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information online.

#### Management Staff

Ken Bounds, Superintendent  
B. J. Brooks, Deputy Superintendent  
Christopher Williams, Operations Director  
Maureen A. O'Neill, North Recreation Manager  
Tom Ostrom, North Sr. Recreation Coordinator

#### Center Staff

Jeff Skinner, Recreation Coordinator  
Barb Drake, Asst. Recreation Coordinator  
Chris Jones, Teen Development Leader  
Kalindi Gutierrez, Recreation Attendant  
Mike Chapman, Building Maintenance (AM)  
Una Mulligan, Building Maintenance (PM)  
Ryan Manning, Weekend Recreation Leader

#### You Can Make a Difference!

The Green Lake Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Green Lake's Advisory Council is always looking for new members. Meetings are held on the second Tuesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Green Lake Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

#### Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to a member of our staff.

# Winter Community Events

## Pathway of Lights

### *Green Lake "The Heart of Seattle"*

*Note New Time.* Saturday, December 10,  
**5:30 – 8:30 p.m.** To honor and celebrate the true meaning of community, we ask everyone to bring an enclosed candle and join others in a “walk of lights” around the lake to brighten the spirit within each of us. Come hear musical performances at the Community Center, Aqua Theatre, and Seattle Public Theatre, and listen to strolling carolers. Take in the warm, soft glow of luminarias that line the docks and parts of the pathway.



## Volunteers Needed

We need LOTS of volunteer support for this event! We need help the week before the event and the day of the event preparing luminarias, setting up performance and luminaria areas, lighting luminarias, and clean up. Call Barb at 206-684-0780 or e-mail [barb.drake@seattle.gov](mailto:barb.drake@seattle.gov) if you or your group would like to help.

Sponsored by the Seattle Parks and Recreation  
Green Lake Community Center Advisory Council.

## NEIGHBORHOOD APPRECIATION DAY

### **Neighborhood Appreciation Day - Family Swim and Goodie Social**

**Saturday, February 11**

We would like to “thank” all of our patrons and community by inviting you and your family to a **FREE** swim and to enjoy hot beverages, cookies, and donuts afterwards. Bring your swim gear and appetites ! Swim from 1:30 to 2:30 p.m and enjoy goodies from 2:30 to 3:30 p.m. Compliments of the Green Lake Advisory Council.

**1:30 – 3:30 p.m.**

**FREE**

## **Green Lake Contributors Appreciation**

**You Make A  
Significant Difference In  
The Lives Of Others!**

Green Lake Community Center would like to thank the following businesses for their significant contributions to youth and family programs and for supporting families who are disadvantaged and at risk in our neighborhood area.

- ◆ **Gregg's Green Lake Cycle**
- ◆ **Lake & Company Real Estate**
- ◆ **Whole Foods Market Roosevelt**
- ◆ **Peet's Coffee & Tea Green Lake**

**THANKS!**

# Green Lake/Evans Pool Advisory Council Volunteer Opportunity

Green Lake / Evans Pool is seeking new Advisory Council members beginning in 2006. The nature of our advisory board is to provide Complex staff with vision and recommendations regarding community center and pool programs, projects, and special events. These include but are not limited to youth, teen, and adult programs and classes; community events and projects; fundraising efforts; marketing. The Advisory Council also provides citizen input to the Seattle Department of Parks and Recreation.

- ◆ Help make a BIG difference in our community!
- ◆ We are seeking a diverse group of adult individuals.
- ◆ We need your passion, energy, commitment, vision, and voice!
- ◆ Your voice is so important!
- ◆ Your commitment of 15 - 20 hours a year will provide the kind of energy that is needed to keep Green Lake/Evans Pool Complex progressive now and in the future.
- ◆ No board experience necessary!

We meet once a month on the 2nd Tuesday for about 1.5 hours.

Contact Community Center Coordinator Jeff Skinner  
for information, 206-684-0780.

# Teen Council and Programs

## Teen Council at Green Lake — Tuesdays!

**HEY TEENS!** Do you need community service hours? Do you have fundraising ideas? Want to gain leadership skills? Want to plan a great party?

Come participate in the Teen Advisory Council. Strive to make a difference in your community while learning to lead, organize, and promote all types of events and activities. Bring your ideas and enjoy the food and fun!

For information, call Chris Jones at 206-684-0780.

**Chris Jones, Teen Leader**

**Age: 12 to 18 years old**

**6 – 7:30 p.m.**

**Every 2 and 4th Tuesday of the month**

**Location: Teen Room**

## Teen Drop-in Program - Fridays

Every Friday night we have activities for teens 12 to 18 years old who attend either Middle or High School. I.D. must be carried at all times. All participants are required to sign in. Call Teen Leader Chris Jones for further questions, 206-684-0780.

### Nightly Activities

6:00 - 8:45 p.m. Open gym, games, movies, workshops

8:00 - 9:00 p.m. Teen Swim

**Chris Jones, Teen Leader**

**Age: 12 to 18 years old**

**6 – 9 p.m. Jan 6 – Mar 31**

**Location: Green Lake CC**



## Teen Late Night Recreation Program

**Age: Boys and Girls ages 13 to 19**

### Meadowbrook Teen Life Center

10750 30 Ave NE

206-684-7523

### Friday Night - Middle School Only

1st Friday - Music Studio

2nd Friday - Culinary Arts

3rd Friday - Teen Swim (Middle / High School)

4th Friday - Pizza & a Movie

### Saturday Night - High School Only

1st Saturday - Culinary Arts

2nd Saturday - Pizza & a Movie

3rd Saturday - Pool Saturday

4th Saturday - Special Event / Field Trip



### Bitter Lake Community Center Annex

13040 Greenwood Avenue North

206-684-7524 or 386-9870

1st Friday - Teen Skate

2nd Friday - 3 on 3 Tourney

3rd Friday - BBQ and a Movie

4th Friday - Teen Swim at Madison Pool (8:30 - 9:30 p.m.)



## Fine Arts ♦ Seattle Public Theater

### Fine Arts For All Ages With Professional Artist Simone

Professional Artist Yvette Simone has been honored at The White House for her art and has exhibited in Art Galleries and Museums around the world for 25 years, will be teaching different Fine Art classes each quarter throughout the year.

*Dear Parents,*

*Studies show that students who draw what they learn are more likely to remember it for many times longer than students who don't draw. With the many changes to the academic requirements in the state of Washington, the Cultural Arts have nearly been eliminated. The Arts foster creativity, cognitive reasoning and problem solving abilities. You can give your children the opportunity to expand their academic capabilities through the Fine Arts. Min 4 / Max 12*

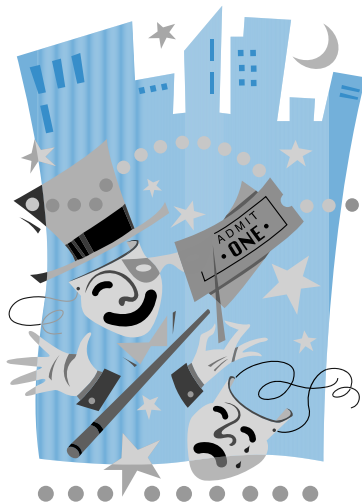


### Seattle Public Theater Presents Winter Youth Programs

#### Special Announcement

Don't miss the Seattle Public Theater's awesome winter programs for kids, youth, teens, and young adults! The Theater is located at 7312 W. Greenlake Dr. N. For specific program information, call 206-524-1300 x 1 or check out the website: [www.seattlepublictheater.org](http://www.seattlepublictheater.org). OR look at / pick up information at Green Lake Community Center.

**Location: Seattle Public Theater**



### Fine Art Drawing and Painting Session I

Art for all ages! Parent with kids OR for the individual. Develop your drawing skills in this fun filled weekend art class. We will work with various artist materials while utilizing age old elements of good artistic design and technique. Take one or both sessions! See you there!

**Instructor: Yvette Simone**

**Age: all ages youth, teen, adult**

**Saturdays 2 – 3 p.m. Jan 14 – Feb 18**

**Fees: \$89.00 / 6 wks**

**Location: room #3**

### Fine Art Drawing and Painting Session II

Art for all ages! Parent with kids OR for the individual. Develop your drawing skills in this fun filled weekend art class. We will work with various artist materials while utilizing age old elements of good artistic design and technique. Take one or both sessions! See you there!

**Instructor: Yvette Simone**

**Age: all ages youth, teen, adult**

**Saturdays 2 – 3 p.m. Feb 25 – Apr 1**

**Fees: \$89.00 / 6 wks**

**Location: room #3**

# Pottery

## Pottery for Adults

Fee includes 3 hours of instruction per week, 25 lbs. of clay, kiln and glaze materials, and access to the studio for practice time. **Additional clay \$10 per bag. Advanced production work STRICTLY prohibited. Kiln use is limited to beginning and intermediate production levels.** Enrollment closes after second class. Student is required to read, sign, and follow a pottery class agreement in order to register. Min 8/Max 12

### Beginning Level

Wheel, hand-building, surface design, and glazing techniques are taught for beginners and those wanting to improve basic pottery skills.

**Instructor: To be announced**

**Age: 18+ yrs**

**Tuesdays 6 – 9 p.m. Jan 10 – Mar 14**

**Fees: \$180.00 / 10 wks**

### Intermediate Level

Pre-requisite: two Green Lake Center beginning classes or equivalent skill level. Improving one's skills is emphasized in wheel throwing, hand-building, good structural design, aesthetics, and the glazing process. Instruction and hands-on experience in loading kilns is covered. Class participation and regular attendance is required to maintain pre-registration status.

**Instructor: To be announced**

**Age: 18+ yrs**

**Wednesdays 6 – 9 p.m. Jan 11 – Mar 15**

**Fees: \$180.00 / 10 wks**



## Pottery for Preschoolers

A new instructor along with new dates and times for winter quarter will be announced soon. Call 206-684-0780 to obtain specific class information. The class will be geared for new and continuing students. Classes will take place sometime between January and March. **Ages 3 - 5 years.** Min 4 / Max 6

## Pottery for Parent with Child

**Multi-lingual instruction!** This is a very special class where a parent with their child work on clay creations individually and together. Learn about different hand-building techniques to create art works from different cultures while discovering the magic and power of clay. Wear clothes to get messy in! All supplies included in fee. **Strictly one parent with one child only.** No class 2/20.

Min. 5 pairs/Max 6 pairs

**Instructor: Liang-yin Chen - speaks Mandarin, Spanish, and English**

**Age: 2-1/2 to 5 years old**

**Mondays 5:30 – 6:30 p.m. Jan 23 – Mar 27**

**Fees: \$95.00 / 9 wks**

## Pottery for Kids

**Multi-lingual instruction provided in english, mandarin, and spanish!** Make your own dinnerware and decorative room items or a tea pot set for a tea ceremony, personalized by your imagination. Also learn how to use the pottery wheel and combine hand-building techniques to create projects. All supplies included. Wear clothes to get messy. No class 2/20 holiday. Min 5 / Max 6

**Instructor: Liang-yin Chen**

**Age: Grades K to 5**

**Mondays 4:15 – 5:15 p.m. Jan 23 – Mar 27**

**Fees: \$82.00 / 9 wks**

### For Homeschool Kids Only

**Tuesdays 10:45 – 11:45 a.m. Jan 17 – Mar 21**

**Fees: \$82.00 / 9 wks**

## Music ♦ Preschool ♦ Play Center

### Piano - Private Lessons For Individuals

For beginner and intermediate students. Lessons are 45 minutes in length with 5 minutes in between each lesson. Beginners learn rhythm, technique, and how to read music - the basics to play all your favorite songs! Intermediates develop their skills to a deeper level. You must sign up for the full session.

#### Available Slots

3:00 - 3:45 p.m., 3:50 - 4:35 p.m., 4:40 - 5:25 p.m.,  
5:30 - 6:15, 6:20 - 7:05 p.m., 7:10 - 7:55 p.m.

**Instructor:** Mary Becker

**Age:** 3 to 103 yrs

**Thursdays** Jan 5 – Mar 23

**Fees:** \$120.00 / per month

**Location:** Teen Room

### Early Childhood Music Development — Toddler with Parent

Sing and dance, hop and skip, pound on hand drums and rhythm sticks. This FUN music and movement class, **taught by Katy Webber**, helps to develop your child's music skills, enhance their memory and their ability to identify sounds, colors, and instruction. Katy brings her guitar to teach new, fun, silly songs to sing and musical games to play. Fee includes all instruments. Min 5 pairs/Max 10 pairs

**Age:** 2 to 3 yrs

**Location:** room #1

#### Session I

**Tuesdays** 10:15 – 11 a.m. Jan 10 – Feb 14

**Tuesdays** 11:15 a.m. – Noon Jan 10 – Feb 14

**Fees:** \$60/6 wks

#### Session II

**Tuesdays** 10:15 – 11 a.m. Feb 21 – Mar 28

**Tuesdays** 11:15 a.m. – Noon Feb 21 – Mar 28

**Fees:** \$60/6 wks



### Preschool — Play and Learn

Children socialize, play, and learn in a child-centered environment through arts and crafts, imaginative play, construction, large and small muscle development, coordination, music and movement. Parent orientation available for those wanting to learn more on problem solving approaches to behavior for later sharing at home with their child. **For more information, call teacher Eleanor at 206-789-7643.** Year-round class with no breaks. Parents provide snack. \$25 deposit for new students. No classes 1/16, 2/20 holidays.

Min 7 / Max 8

**Instructor:** Eleanor Reynolds

#### Ages 4 to 5

**MWF** 9:45 a.m. – 12:15 p.m. Jan 4 – Mar 31

**Fees:** \$180 monthly fee

#### Ages 3 to 4

**Tue/Thu** 9:45 a.m. – 12:15 p.m. Jan 3 – Mar 30

**Fees:** \$120 monthly fee

### Toddler Play Center — 6 months to 5 years old

**\$20 for a punch card (\$24 value); \$2 drop-in.**

Our HUGE Children's Play Center is said to be one of the BEST around. There are many childrens toys and equipment available and it's a great way for your child to learn and socialize with other children. **Parental Supervision Required.** Please follow all Play Center rules including using upstairs lobby area to eat your snacks.

#### Public Use Times:

**Monday – Friday** 10 a.m. – 7 p.m.

**Saturday** 9 a.m. – 2:30 p.m.

**Note:** private rental times may be used by the public whenever no rental is scheduled. Please call 684-0780 for availability.

#### Private Rental Times:

**Saturday** 2:30 – 4:30 p.m.

**Fees:** \$35 per hour plus \$10 booking fee. Great for birthday parties!

The Play Center closes for cleaning weekdays at 7 p.m. and on weekends at 4:30 p.m.



# Dog Training ♦ Chess Play ♦ First Aid

## Dog Training — Basic

Only one dog per handler. Handler under age 12 allowed with instructor's permission before registering. No dogs nose to nose first class. Focus is on home manners such as "come," "down," "sit," "stand," and "stay," and walking on a loose leash. Class is fast-moving, positive, and motivational. Bring proof of current vaccinations first night. Bring a rug or mat, paper towels, plastic bags, small bag of dried dog food or training treats, and your dog on a leash each class. Dog needs empty stomach at least 1 hour prior to class.

Min 5/Max 10

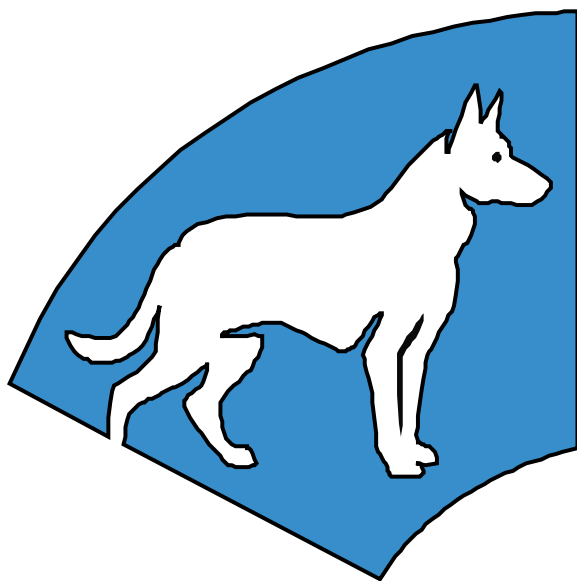
Instructor: Sarah Kahn

Age: 10 weeks & older as of first class

Wednesdays 7:30 – 8:30 p.m. Feb 1 – Mar 8

Fees: \$54.00 / 6 wks

Location: room #3



## First Aid and Adult CPR For Adults

This course teaches how to respond to an emergency, proper techniques of controlling bleeding, treatment for burns, poisonings and sudden illness, choke-saving maneuvers, rescue breathing and CPR for adults. This course meets OSHA and WISHA requirements. Call the American Red Cross at (206) 726-3534 to register.

Monday/Wednesday 4:30 – 8:30 p.m.

Class #62681 Jan 23 & 25

Class # 62682 Feb 13 & 15

Class # 62684 Mar 13 & 15

Age: 18+

Location: Meet in the Main Room

Fees: \$54/8 hours

## Chess Play for Seniors

Join enthusiasts for a drop-in game of strategy and skill.

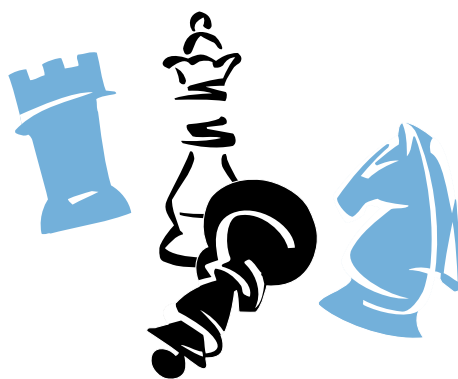
Instructor: W. Metzker

Age: 55+

Fridays 1 – 5 p.m. Jan 6 – Mar 31

Fees: Free

Location: room #3



# Yoga

## Yoga For Beginners

Introduction to basic Hatha Yoga poses, breathing practices, and relaxation techniques for beginners and persons recovering from recent illness or injury, who have mild neck, shoulder, hip, or lower back problems. Bring a PAD or large BLANKET, empty stomach and bare feet to class.

Min 7 / Max 14

### Session I

**Instructor:** Margaret McAndrew

**Age:** women and men 18 to 65 yrs

**Thursdays** 6:25 – 7:25 p.m. Jan 12 – Feb 16

**Fees:** \$42.00 / 6 wks

**Location:** Room #3

### Session II

**Thursdays** 6:25 – 7:25 p.m. Feb 23 – Mar 30

**Fees:** \$42.00 / 6 wks

## Yoga — Prenatal

A specially designed program for women in their second and third trimesters of pregnancy to enhance physical and emotional health through the practice of prenatal yoga exercises, breathing, visualizations and deep relaxation. Learn how to cope with your body's changing alignment, counteract backaches, prepare the birthing area for delivery, maintain your energy level, control mood swings, relax and maintain a positive out look.

**Bring a blanket and two pillows to class. Medical authorization required.** Min 7 / Max 12

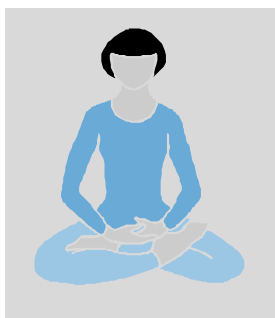
**Instructor:** Margaret CcAndrew

**Age:** 18+ yrs

**Wednesdays** 10 – 11:15 a.m. Jan 11 – Mar 1

**Fees:** \$68.00 / 8 wks

**Location:** Room 3



## Yoga — Hatha

Our highly experienced and knowledgeable instructor teaches this multi-level class that incorporates regular practice of Hatha Yoga postures (asanas) with breath awareness (pranayama), resulting in increased vitality, flexibility, and good muscle tone while stimulating the circulatory, respiratory, endocrine, and immune systems. Class ends with deep relaxation or visualizations to reduce stress and nurture a peaceful mind. Working knowledge of the basics helpful but not necessary. Bring a large BLANKET or PAD, bare feet and an empty stomach. Not appropriate for women during pregnancy (see Prenatal Yoga). Min 7/Max 14

**Location:** Room #3

### Morning Session I

**Age:** women and men 18 to 65 yrs

**Tuesdays** 10 – 11 a.m. Jan 10 – Feb 14

**Fees:** \$42.00 / 6 wks

### Morning Session II

**Tuesdays** 10 – 11 a.m. Feb 21 – Mar 28

**Fees:** \$42.00 / 6 wks

### Evening Session I

**Thursdays** 7:30 – 8:45 p.m. Jan 12 – Feb 16

**Fees:** \$52.00 / 6 wks

### Evening Session II

**Thursdays** 7:30 – 8:45 p.m. Feb 23 – Mar 30

**Fees:** \$52.00 / 6 wks

## Yoga for Seniors - rejuvenate and reenergize yourself!

Specially designed for the 60+ person who feels a bit stiff, creaky, or easily winded. Warm up is followed by poses (modified as necessary) or done with aid of a chair, wall, blocks, or belt. Class ends with visualizations and deep relaxation.

Min 7 / max 12

Meets Jan 6, 13, 20, 27; Feb 3, 10, 17, 24;

March 3, 10, 17, 24

**Age:** 60+ yrs

**Fridays** 10 – 11:15 a.m.

**Fees:** \$16.00 / per month

# Health ♦ Fitness ♦ Dance ♦ Cheerleading

## Health and Healing Workshop For Women

### Breaking Free from Emotional Eating

**Taught by Denise Holz, a nutritionist and certified professional coach who integrates life coaching with nutritional counseling.**

We eat for remarkably good reasons, not because we lack will power. You will uncover the underlying reasons you turn to food, how extra weight is serving you and subconscious limiting beliefs that you're operating under and didn't realize. Once these truths are touched they turn around and we will begin that process, too, in the workshop. It's inspiring and joyous - even when there are tears. As your foundation changes, change in eating and weight is a natural result. You will also discover an enjoyable, sustainable strategy of eating to gain your body's support in losing fat without dieting. This empowering workshop **for women** is facilitated by a nutritionist and life coach. Bring a sack lunch and be prepared to have a breakthrough. Min 4 / Max 10

**Age: Women 18+ years**

**Sat, Jan 21 10 a.m. – 5 p.m.**

**Fees: \$69.00**

**Location: Room #3**

## Cheerleading and Dance For Kids & Teens

**Instructor Becky Allardice**, from Liberty Bell Spirit Squad, teaches the fundamentals of cheerleading techniques including arm motions, body position, jumps, voice projection, and cheer etiquette balanced with fun, teamwork, and values. Basic dance technique is also taught. Includes t-shirt. Min 6 / Max 10

**Location: Room #3**

### Session I

**Instructor: Becky Allardice**

**Wednesdays 5:45 – 7:15 p.m. Jan 11 – Feb 15**

**Age: 7 to 14 yrs; Fees: \$55.00 / 6 wks**

**Wednesdays 5:45 – 6:30 p.m. Jan 11 – Feb 15**

**Age: 4 to 6 yrs; Fees: \$55.00 / 6 wks**

### Session II

**Wednesdays 5:45 – 7:15 p.m. Mar 8 – Apr 5**

**Age: 7 to 14 yrs; Fees: \$46.00 / 5 wks**

**Wednesdays 5:45 – 6:30 p.m. Mar 8 – Apr 5**

**Age: 4 to 6 yrs; Fees: \$46.00 / 5 wks**

## Mat Pilates For Adults

For beginners and intermediates. Discover the advantages of Joseph's Pilates method of exercise. Consistent practice enhances your awareness of postural habits, balance, circulation and oxygenation of the blood, flexibility, and most importantly help that back pain and sore joints that are bothersome! No class 1/16, 2/20 holidays. Min 6 / Max 10

**Instructor Diana Garcia-Snyder's** extensive studies, research, training, and teaching includes Pilates and Modern Dance. Her inspiration to teach came when she noticed a real improvement in her dance technique and performance because of her Pilates practice, so decided to carry this message and share the rehabilitating properties of this method to others. She strongly believes that by strengthening our bodies we can accomplish more and be more successful in our daily lives.

**Location: Room #3**

### Session I

**Age: 18+ yrs**

**Mondays 6:00 – 7:00 p.m. Jan 9 – Feb 13**

**Fees: \$45.00 / 5 wks**

### Session II

**Ages: 18 + years**

**Mondays 6:00 – 7:00 p.m. Feb 27 – Mar 27**

**Fees: \$45.00 / 5 wks**

## Hawaiian Dance For Teens & Adults

This "talk of the town" class transitions the student from listener to active participant. Learn and combine basic dance steps and hand movements, and complete a routine in a fun, nurturing atmosphere. Warm up, technique, and dance practice each class (a sampling of hula, from it's root through adaptations, to it's modern day appearance.) No experience needed - just bring an attitude to have fun and learn! **14 year olds and younger with instructor approval.** Min 6 / Max 12

**Instructor: Eileen Mumm**

**Age: 14 yrs through Adult**

**Fees: \$48.00 / 6 wks**

**Location: room #3**

### Session I

**Tuesdays 5:45 – 6:45 p.m. Jan 10 – Feb 14**

### Session II

**Tuesdays 5:45 – 6:45 p.m. Feb 21 – Mar 28**

## Martial Arts

### Wado-Ryu Karate

**Instructor Richard Anonsen** is a 2 degree blackbelt with over 10 years of tournament karate experience. He is the 1988 Wado National brownbelt men's heavyweight champion, and also was a blackbelt heavyweight finalist at the Wado Nationals in 1989 and 1994.

The term Wado-Ryu means "way of peace" or "way of harmony". This style of karate emphasizes dedication to training basic karate technique. It is believed that not even a lifetime of basic practice will result in perfection of technique. This class emphasizes acquiring control of our bodies and bodily power. Students learn how to relax their shoulders, concentrate energy on a single point, rotate or twist at the waist and fist, and cultivate more perfect balance. On the mental side, students can build character, develop patience and concentration through regular and dedicated practice. No class 1/16, 2/20 holidays. Min 6 / Max 12

**Instructor: Richard Anonsen, 2nd degree blackbelt**

**Age: 18+ yrs**

**Mondays 7 – 8 p.m. Jan 9 – Mar 27**

**Fees: \$12.00 / month**

**Location: Room #3**

### Karate for Teens and Adults

Our highly trained and knowledgeable volunteer instructors teach advanced principles of karate: breathing control, energy generation, self healing, take-downs, joint locks, break aways and other martial arts techniques. Goju-Ryu karate is used as a medium for developing these principles. Minimal room use fee applied. 12 wks Min 4 / Max 14

**Instructor: Carol and Boyd Gittins**

**Age: 12+ yrs through Adults**

**Saturdays, 10 a.m. – Noon**

**Jan 7 – Mar 25**

**Fees: \$4 drop – in**

**Location: Room 1**



### Shorinji Kempo

Our highly trained and knowledgeable volunteer instructor teaches this martial art rooted in the life philosophy of Kongo Zen: kicks, punches, blocks, also break holds, locks, pins, throws, and pressure-point techniques for therapy and self defense. Observers may drop in any time; new students may start on the first practice day of each month. Minimal room use fee applied.

**Min 4 / Max 15**

**Instructor: Hiroshi Onaka, 5th Dan**

**Age: 18+ yrs**

**Tue/Thu 7:30 – 9 p.m. Jan 3 – Mar 30**

**Fees: \$24.00 / monthly**

**Location: Room #1**

### Hapkido for Adults

**Classes offered Mon through Thurs.** This Korean martial art means the "way of harmonious energy" with instruction in offensive and defensive techniques: kicks, punches, joint locks, throws, takedowns, pressure points, escapes, blocks, and stances, as well as learning how to fall, wrestle, and free spar. Gain control of your body and confidence through your ability to defend yourself with regular practice. **Beginners welcome and can start at any time with instructor approval.** Minimal room use fee applied. No class 1/16, 2/20 holidays. Min 4 / Max 14

Students are offered a choice to register 2, 3, or 4 times per week.

**\$24 for 2 days \$48 for 3 - 4 days**

**Please pay by the month.**

**Instructor: Bart Turner and Ken Gilman**

**Ages: 18+**

**Mon – Thu 6 – 7:30 p.m. Jan 3 – Mar 30**

**Location: Room 1**

### Tai Chi for Adults

Our highly experienced and knowledgeable volunteer instructor, Jim Guidon, teaches this Chinese form of exercise using slow, soft and circular movements to harmonize body and mind, often described as "a moving meditation" and a way to achieve health and tranquility. Excellent for balance, relaxation and concentration. Wear loose comfortable clothing. First time free. Min 4 5:45 – 6:45 p.m. / Max 14

**Instructor: Jim Guidon**

**Tuesdays 7 – 8 p.m. Jan 3 – Mar 28**

**Fees: \$2 drop in**

**Location: room # 3**

## Youth and Adult Sports ♦ Table Tennis

### Drop In Basketball

Brush up on your skills, get some extra practice time before that game, or have a friendly game amongst friends. We just had our gym floor refinished and it's nice and bright! We provide designated drop-in times for youth and adults to play and have fun during the winter season, January through March. Please note that times are subject to occasional change due to unforeseen circumstances. Times are posted at the front counter. **Adults fee: \$2. Senior fee: \$1. Youth 17 years and younger play for FREE.**

### Table Tennis (Ping Pong) For All Levels of Play

**SATURDAYS & SUNDAYS**

**Fee: \$4 per player**

**Saturdays**

5:00 - 9:00 p.m.

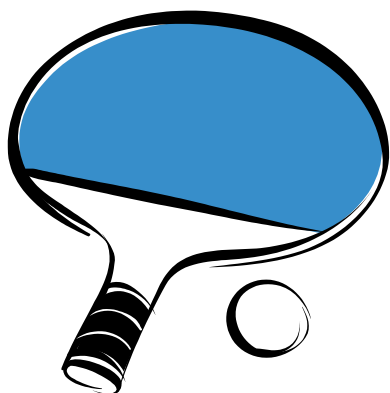
**Sundays**

4:00 - 9:00 p.m.

All skill levels, from beginners to the more experienced, are welcome. More experienced players will be on hand to help beginners learn and practice the game. Ten tables available. \$4 per person. Please pay at the front desk upon arrival.

For specific information, contact the Green Lake Table Tennis Club at : [glttc@tomveatch.com](mailto:glttc@tomveatch.com) or call 206-366-0198 to inquire about the program at Green Lake and other sites.

**Green Lake Complex has a ping pong table in the main floor room for those who want to drop in and play for no charge. Not available when other programs are scheduled.**



### Upcoming Spring Sports For Adults and Youth

**Registration packets will be available for pick up for the following citywide youth sports starting Monday February 27.**

#### Citywide Track and Field

For boys and girls ages 5 - 18 years old. Age determined by child's birth year.

#### Citywide Girls Softball

For girls ages 5 - 18 years old. Age determined as of January 1, 2006.

**Begin putting your child on an interest list February 27 for indoor nerf soccer and ultimate frisbee.**

#### Community Center organized Indoor Nerf Soccer

For 5 - 7 year old boys and girls. Pure fun and safe for kids learning the fundamentals of soccer using a soft nerf ball. Parent volunteer coaches will make all the difference in whether this first time program gets off the ground this spring! Play at Green Lake and with other nearby centers. **We will be forming an interest list first - call 206-684-0780 to be placed and also to volunteer.**

#### Community Center organized Ultimate Frisbee

For 8 - 12 year old boys and girls. Kids are introduced to the sport of ultimate frisbee learning basic skills necessary to enjoy playing and to instill a spirit of sportsmanship. Play at Green Lake and with other nearby centers. Experienced adult players needed to help coach! **We will be forming an interest list first - call 206-684-0780.**

#### Community Center organized Adult Sports

Please call us in February if you have a team interested in league play for womens basketball and co-rec volleyball. 206-684-0780



# Green Lake Community Center Rooms for Rent



**Green Lake Community Center has several small and medium sized rooms for rent** that are GREAT for birthdays, preschool parties, meetings, potlucks, seminars, and other special gatherings. Stop by to check out our rooms and pick up one of our Facility Rental Guides that provide ALL the details. Call 206-684-0780 for further information.

## **Rooms For Rent:**

- ◆ Toddler / Preschool Play Center
- ◆ Main Floor Room
- ◆ Teen Room
- ◆ Two Upper Floor Multi-purpose Rooms
- ◆ Gymnasium - available on a very limited basis.

# Community Center General Information

## Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

## Interested in Teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

## Anti-Discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

## Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## Rentals

For information about room rentals, please view our facility rental brochure ([www.seattle.gov/parks/reservations/Facrentalguide.htm](http://www.seattle.gov/parks/reservations/Facrentalguide.htm)).

## More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

## Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

## Fees and Charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

## Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

## Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

## Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

## Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

## Senior Adults

### Northeast Senior Adults Registration Information

**Jayla McGill, Recreation Specialist**

206-386-9106

e-mail: jayla.mcgill@seattle.gov

**Winter Quarter Dates:** Jan 3 – Mar 17

*No classes Jan 16, Feb 20*

**Class Registrations begin December 19.**

**Trip Registration:** Register by calling 206-386-9106 at 8 a.m. on the date listed for each trip. You may sign up yourself and one other person. when you call, leave your name, phone number, and pick-up site. You'll *only* be called back if you're on the waiting list. ***Payment must be received at least 5 working days prior to departure.***

**All Payments:** Please make checks payable to **SAAC** and **mail to** Senior Adult Programs, Attn: Jayla, 8061 Densmore Ave N, Seattle, WA 98103-4436

**More information:** For more information about Senior Adult programs, including citywide events, please call Senior Adult Programs at 206-684-4951 and request a copy of our latest brochure! You can also access this information online:

**[www.seattle.gov/parks/Seniors/index.htm](http://www.seattle.gov/parks/Seniors/index.htm)**

### Green Lake Walking Club \$5/6 wks

Seattle Parks and Recreation and Swedish Medical Center bring you a walk program for all fitness levels. Meet at Green Lake Community Center, stretch as a group, then walk around Green Lake. Set a walk goal. No-host lunch on the last day.

**Wed: Feb 2 – Mar 8**

**10 – 11 a.m.**

### Non-Medical Pain Relief with Egoscue

**Free**

Learn about the Egoscue Method, a posture therapy program involving a series of stretches and gentle exercises. Treat pain without drugs, surgery, or manipulation, and live pain-free. Light refreshments served. **Please register by February 8.**

**Instructor: Branden Mitchler**

**Wed, Feb 15**

**10 a.m. – 11 p.m.**

### Magnuson Movie Times

**Free**

#### ***Gone with the Wind (1939)***

View this classic feature the way it was intended to be seen — on the big screen! **Bring money for snacks.**

**Location: Magnuson CC**

**Transportation available for \$2 from Meadowbrook (11:30 a.m.), Ravenna-Eckstein (11:15 a.m.), and Lower Woodland (Noon).**

*Magnuson CC will also be showing several other films in February (provide your own transportation). Please refer to the Senior Adults Winter 2006 brochure for details.*

### Body Conditioning \$25 – 1 day/wk

Dynabands / free weights for over-all strength conditioning. *New Time!*

**Instructor: D. Gotches**

**Thu**

**10:45 – 11:45 a.m.**

### Tai Chi — Wu Style \$25

Fall prevention strategies, improved circulation, slow, gentle, short movements.

**Instructor: J. Proebtel**

**Wed**

**10 – 11 a.m.**

### Field Trips

This winter, we'll be charmed by LaConner, go back in time when we watch silent movie *The Cheat* at the Paramount, laugh at *Nunsense II*, spend Valentine's Day at The Stratford at Maple Leaf, spend a day touring museums, try our luck in Arlington, and more! For more information about these trips, please contact Recreation Specialist Jayla McGill (206-386-9106 or jayla.mcgill@seattle.gov).

# Evans Pool

## Evans Pool

7201 E Green Lake Dr N  
Seattle, WA 98115-5301  
Phone: 206-684-4961 Fax 206-684-0881  
Visit us online at [www.seattle.gov/parks/](http://www.seattle.gov/parks/)

### Professional Staff

Steve Vela, *Aquatic Center Coordinator*  
Barb Marsh, *Asst. Aquatic Center Coordinator*  
Ken Anderson, *Pool Operator*  
Clifford Evert, *Senior Lifeguard*  
Michael Bruesch, *Senior Lifeguard*  
Dennis Myers, *PPT Cashier*

### Hours of operation

Early Morning Lap Swim  
Monday through Friday 6 – 7:30 a.m.  
Monday & Wednesday 10 a.m. – 9:30 p.m.  
Tuesday & Thursday 10 a.m. – 10 p.m.  
Friday 10 a.m. – 8 p.m.  
Saturday 8:30 a.m. – 5:30 p.m.

### Holiday Closures

Sunday, January 1, New Year's Day  
Monday, January 16, Dr. Martin Luther King, Jr. Day  
Monday, February 20, Presidents' Day

### Program registration

**Winter Session 1 Open Registration Lottery** is on-site Wednesday, December 28, 2005 @ 6 p.m.

**Winter Session 2 Open Registration Lottery** is on-site Thursday, February 16 @ 6 p.m. *\*All new participants must be pre-tested prior to registration.*

### Program dates

September 6 – December 31, 2005

### Rentals

Evans Pool is available to rent for special events and birthday parties Sat 5:30 – 9:30 p.m. and Sundays Noon – 8 p.m. (Sorry, no rentals are scheduled the second Sunday of the month.) For more information, call 206-684-4961 during operating hours. Please allow 2 weeks advance notice for all rental requests. Standard fee for 1 hour pool and 1 hour deck time for less than 30 swimmers is \$160 (fee increases with additional swimmers). Payment required to hold reservation.

### Payment

You can pay for swim lesson registration in person during regular facility hours. Rentals may be paid by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle or G.L.A.C. (staff rental fees). Please note: Payment is due when you register, unless we have indicated

otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. We are working on a system that will make online registration available.

### Refund Policy

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund or credit. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The prorated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given. There will be no refunds or make-up classes for lessons missed due to illness or vacations.

### Scholarships

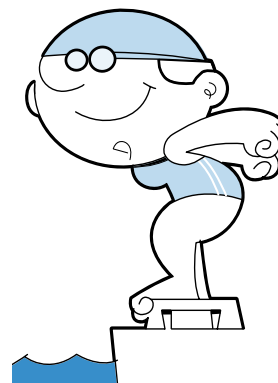
The City of Seattle and Evans pool try to ensure that swim lessons are available to everyone, regardless of their ability to pay. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation required to receive rate.

### Waiting lists

We will create waiting lists for all filled classes. If demand is high, we will try to form another class. Please contact us for space availability.

### Class cancellations/Minimum Enrollment

A minimum of 4 students is required for all youth swimming classes. A minimum of 3 students is required for 3-year-old classes. Programs may be combined or cancelled if minimum enrollment is not met. If a class is cancelled by the pool, the participant will be refunded or credited (see refund policy).





# Evans Pool Winter Schedule: January 2 to April 1, 2006

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	6:00 – 7:30	EMLS¹	EMLS¹	EMLS¹	EMLS¹	EMLS¹	Lap Swim 8:30 – 10:00	
	7:45 – 9:30	Seattle Public Schools	Seattle Public Schools	Seattle Public Schools	Seattle Public Schools	Seattle Public Schools		
	10:00 – 10:45	Aqua Jog	Hydro-Fit	Aqua Jog	Hydro-Fit	Aqua Jog	Hydro-Fit/Tots	
	10:00 – 11:00	Shallow WX	Shallow WX	Shallow WX	H,O Walking	Shallow WX	Kinders	
	11:00 – 11:30	Tots	3 Year Olds	Tots	Cottage School	Tots	Beg. Youth Lessons	
	11:30 – Noon	Kinders Lessons	Adult Lessons	Kinders Lessons	Adult Stroke Correction Video & Private Lessons	Kinders Lessons	Adv Y/ Pre Comp Stroke Correction Video Lessons	
	Noon – 1:30	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Rentals Noon – 8 p.m. Call to schedule: 206-684-4961
	1:30 – 2:30	Lap/Public Swim	Lap/Public Swim	Lap/Public Swim	Lap/Public Swim	Lap/Public Swim	Public Swim	
	2:30 – 4:00	Lap Swim – 6 lanes begins 2/13	Lap Swim – 6 lanes begins 2/14	Lap Swim – 6 lanes begins 2/15	Lap Swim – 6 lanes begins 2/16	Lap Swim – 6 lanes begins 2/17	Special Pops 2:30 – 3:30	
	4:00 – 4:30	Cascade Swim Club	Kinders	Cascade Swim Club	Kinders	Cascade Swim Club	Public Swim 3:30 – 4:30	
	4:30 – 5:00		Beg. Youth		Beg. Youth			
	5:00 – 5:30		Adv Y/Kinders		Adv Y/Kinders		Lap Swim 4:30 – 5:30	
P.M.	5:30 – 6:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Rentals 5:30 – 8:30	
	6:30 – 7:00	Kinders	Tots/Priv	Kinders	Tots/Priv	Lap Swim		
	7:00 – 7:30	Beg. Youth	Public Swim	Beg. Youth	Public Swim	Public Swim		
	7:30 – 8:00	Adv Y/Comp		Adv Y/Comp				
	8:00 – 8:30	Adult Lessons	Hydro-Fit 8:00 – 8:45 Shallow WX 8:00 – 9:00	Adult Lessons	Hydrofit 8:00 – 8:45 Shallow WX 8:00 – 9:00	Teen Swim		
	8:30 – 9:00	Stroke Correction Video Lessons 8 – 8:30		Stroke Correction Video Lessons 8 – 8:30				
	9:00 – 9:30	Masters 8:30 – 9:30		Masters 8:30 – 9:30			Adult Swim	
	9:30 – 10:00		Adult Swim		Adult Swim			

**Notes:** <sup>1</sup>Early Morning Lap Swim (EMLS) admission by F.A.S.T. Pass, Recreation Swim Card, or check. No cash accepted.  
Sauna is closed from 7:30 to 10 a.m., from 2:30 to 5:30 p.m. for swim team usage, and at the conclusion of the final swim of the evening.  
Evans Pool will be closed Sunday, January 1 (New Year's Day), Monday, January 16 (Dr. Martin Luther King Jr.'s Birthday), and Monday, February 20 (Presidents' Day).



# 2006 Fees and Charges

## Recreation Swim Prices

Youth	\$2.75
Adult	\$3.75
Senior Adults	\$2.75
Spec. Pop/ADA	\$2.75
Recreation Swim Card	\$20.00
Adult F.A.S.T. Pass*	\$45.00
Sr./Youth F.A.S.T. Pass*	\$35.00
Children under 1 yr	Free

## Water Exercise Fees

Adult Fitness	\$4.75
Sr./Youth/ADA Fitness	\$3.00
Fitness Swim Ticket	\$30.00

*Fees subject to change.*

## Swim Lesson Fees (See Notes)

Swim Lessons <sup>1</sup>	\$5.00
3-Year-Old Lessons <sup>1</sup>	\$8.00
Private Lessons <sup>2</sup>	\$25.00
Semi-Private Lessons <sup>2</sup>	\$35.00

### Notes

<sup>1</sup>Cost per lesson

<sup>2</sup>Cost per half-hour

## Other Fees

"Just a Shower"	\$3.75
Towel Rental	50¢
Goggles	\$5.00/\$12.00
Caps	\$2.50/\$8.00
Sauna	\$3.75
Weights	\$2.50
w/ Swim Admission	\$1.00
Hydro-fit/	\$1.50
Aqua Jogger Rental	

**\*The F.A.S.T. Pass** is an unlimited personal monthly pass which allows you to access all fitness and recreational swim programs, sauna, and pool weight machine. Good at any City Pool! **It's the best value for your buck!**

# Swim Lesson Information

**Current participants** may re-enroll for Winter Session 1 the week of December 12, 2005 and Winter Session 2 the week of February 13, 2006. Payment must be made at this time to secure placement. We do not hold spots. We do not currently accept mail-in or phone in registration.

**New enrollees** are registered by a lottery system. Numbers are handed out at 6 p.m., and we begin calling numbers as soon as they are distributed. Late arrivals must wait for the second round of numbers to be handed out and called. We will take a waiting list for any filled classes.

**All new participants must have a swimming pre-test** to determine appropriate class placement. This may be done for free during any public swim. Please check in at the front desk for swim times.



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3<sup>rd</sup> and 4<sup>th</sup> grade students in Seattle. The FREE swim lesson program is available for the first time beginner as well as the more advanced swimmer. For more information on the "Learn to Swim" program, please call Evans Pool @206-684-4961 or visit our web page at [www.seattle.gov/parks/aquatics/learntoswim.htm](http://www.seattle.gov/parks/aquatics/learntoswim.htm)

## Class Times/Fees

*All classes meet once per week.*

### Winter Session 1

Open Registration Lottery is Wed., Dec. 28 @ 6 p.m. Lessons begin the week of January 9.

Day	Dates	# of lessons	FEES
Monday <sup>1</sup>	Jan 9 – Feb 13	5	\$25
Tuesday	Jan 10 – Feb 14	6	\$30
Wednesday	Jan 11 – Feb 15	6	\$30
Thursday	Jan 12 – Feb 16	6	\$30
Friday	Jan 13 – Feb 17	6	\$30
Saturday	Jan 14 – Feb 18	6	\$30

<sup>1</sup>No classes January 16 (Martin Luther King, Jr. Day)

### Winter Session 2

Open Registration Lottery is Thu., Feb. 16 @ 6 p.m. Lessons begin the week of February 20.

Day	Dates	# of lessons	FEES
Monday <sup>1</sup>	Feb 27 – Mar 27	5	\$25
Tuesday	Feb 21 – Mar 28	6	\$30
Wednesday	Feb 22 – Mar 29	6	\$30
Thursday	Feb 23 – Mar 30	6	\$30
Friday	Feb 24 – Mar 31	6	\$30
Saturday	Feb 25 – Apr 1	6	\$30

<sup>1</sup>No classes February 20 (Presidents' Day)

## Volunteer Swim Instructor Aide

Looking for a way to give back to the community or engage in community service hours for high school credit? We are looking for people who can commit to a 1½-hour block of time once a week during our lesson program. All volunteers must complete a background check and go through a volunteer orientation. Call 206-684-4961 for more information.

# Swim Lessons



## Parent Tot Lessons Ages 8 mos.–4 yrs.

An introduction to the water for infants and toddlers. The instructor teaches the parent how to safely help adjust the child to the water. Basic holds and cues are introduced. Emphasis on enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult.

### Winter Session 1

Mon	11 – 11:30 a.m.	Jan 9 – Feb 13	\$25
No class 1/16 for Martin Luther King Jr. Day			
Tue	6:30 – 7 p.m.	Jan 10 – Feb 14	\$30
Wed	11 – 11:30 a.m.	Jan 11 – Feb 15	\$30
Thu	6:30 – 7 p.m.	Jan 12 – Feb 16	\$30
Fri	11 – 11:30 a.m.	Jan 13 – Feb 17	\$30
Sat	10 – 11 a.m.	Jan 14 – Feb 18	\$30

### Winter Session 2

Mon	11 – 11:30 a.m.	Feb 27 – Mar 27	\$25
No class 2/20 for President's Day			
Tue	6:30 – 7 p.m.	Feb 21 – Mar 28	\$30
Wed	11 – 11:30 a.m.	Feb 22 – Mar 29	\$30
Thu	6:30 – 7 p.m.	Feb 23 – Mar 30	\$30
Fri	11 – 11:30 a.m.	Feb 24 – Mar 31	\$30
Sat	10 – 10:30 a.m.	Feb 25 – Apr 1	\$30

## Three Year Old Lessons

Small classes with knowledgeable instructors designed to start your child learning basic swimming skills and water safety. Maximum ratio 3:1. (\$7/class).

Pre-requisites: \*One session of tots @ Evans Pool. Child must be comfortable in the water and hanging on pool wall. Child should also be independent from parents, and be able to follow instructions from teacher.

### Winter Session 1

Mon	11:30 a.m. – Noon	Jan 9 – Feb 13	\$40
No class 1/16 for Martin Luther King Jr. Day			
Wed	11:30 a.m. – Noon	Jan 11 – Feb 15	\$48
Fri	11:30 a.m. – Noon	Jan 13 – Feb 17	\$48

### Winter Session 2

Mon	11:30 a.m. – Noon	Feb 27 – Mar 27	\$40
No class on 2/20 for President's Day			
Wed	Feb 22 – Mar 29		\$48
Fri	11:30 a.m. – Noon	Feb 24 – Mar 31	\$48

## Kinder Lessons

**Ages 4 to 6**

Basic swimming skills are introduced and taught. In progressive levels, K1 and K2 classes cover water adjustment and basic skills for children with no or little swimming experience. K3 and K4 progress to more advanced skills. Additional class times may be added.

### Winter Session 1

Mon	11:30 a.m. – Noon	Jan 9 – Feb 13	\$25
No class 1/16 for Martin Luther King Jr. Day			
Mon	6:30 – 7 p.m.	Jan 9 – Feb 13	\$25
No class 1/16 for Martin Luther King Jr. Day			
Tue	4 – 4:30 p.m.	Jan 10 – Feb 14	\$30
Wed	11:30 a.m. – Noon	Jan 11 – Feb 15	\$30
Wed	6:30 – 7 p.m.	Jan 11 – Feb 15	\$30
Thu	4 – 4:30 p.m.	Jan 12 – Feb 16	\$30
Fri	11:30 a.m. – Noon	Jan 13 – Feb 16	\$30
Sat	10:30 – 11 a.m.	Jan 14 – Feb 18	\$30

### Winter Session 2

Mon	11:30 a.m. – Noon	Feb 27 – Mar 27	\$25
No class 2/20 for President's Day			
Mon	6:30 – 7 p.m.	Feb 27 – Mar 27	\$25
No class 2/20 for President's Day			
Tue	4 – 4:30 p.m.	Feb 21 – Mar 28	\$30
Wed	11:30 a.m. – Noon	Feb 22 – Mar 29	\$30
Wed	6:30 – 7 p.m.	Feb 22 – Mar 29	\$30
Thu	4 – 4:30 p.m.	Feb 23 – Mar 30	\$30
Fri	11:30 a.m. – Noon	Feb 24 – Mar 31	\$30
Sat	10:30 – 11 a.m.	Feb 25 – Apr 1	\$30

## Beginning Youth Lessons Levels 1 to 4

Youth lessons are offered in American Red Cross progressive skill levels 1-4. Skills begin with water adjustment and ends with the 5 major strokes. Water safety skills and diving are also introduced.

**Age: Ages 7 and up**

### Winter Session 1

Mon	7 – 7:30 p.m.	Jan 9 – Feb 13	\$25
No class 1/16 for Martin Luther King Jr. Day			
Tue	4:30 – 5 p.m.	Jan 10 – Feb 14	\$30
Wed	7 – 7:30 p.m.	Jan 11 – Feb 15	\$30
Thu	4:30 – 5 p.m.	Jan 12 – Feb 15	\$30
Sat	11 – 11:30 a.m.	Jan 14 – Feb 18	\$30

### Winter Session 2

Mon	7 – 7:30 p.m.	Feb 27 – Mar 27	\$25
No class 2/20 for President's Day			
Tue	4:30 – 5 p.m.	Feb 21 – Mar 28	\$30
Wed	7 – 7:30 p.m.	Feb 22 – Mar 29	\$30
Thu	4:30 – 5 p.m.	Feb 23 – Mar 30	\$30
Sat	11 – 11:30 a.m.	Feb 25 – Apr 1	\$30

# Swim Lessons

## Advanced Youth Lessons Levels 5 to 7

Progressive skill lessons for youths who have completed level IV. They must be comfortable swimming lengths of the pool, have strong flotation and crawl stroke skills, and a good whip kick. Students learn the four major strokes, refine techniques, build strength and endurance and practice water safety skills.

### Winter Session 1

Mon	7:30 – 8 p.m.	Jan 9 – Feb 13	\$30
No class 1/16 for Martin Luther King Jr. Day			
Tue	5 – 5:30 p.m.	Jan 10 – Feb 14	\$30
Wed	7:30 – 8 p.m.	Jan 11 – Feb 15	\$30
Thu	5 – 5:30 p.m.	Jan 12 – Feb 16	\$30
Sat	11:30 a.m. – Noon	Jan 14 – Feb 18	\$30

### Winter Session 2

Mon	7:30 – 8 p.m.	Feb 27 – Mar 27	\$25
No class 2/20 for President's Day			
Tue	5 – 5:30 p.m.	Feb 21 – Mar 28	\$30
Wed	7:30 – 8 p.m.	Feb 22 – Mar 29	\$30
Thu	5 – 5:30 p.m.	Feb 23 – Mar 30	\$30
Sat	11:30 a.m. – Noon	Feb 25 – Apr 1	\$30

## Competitive Stroke

For advanced-youth-level swimmers who are interested in preparing for swim team or just learning competitive swim skills. Must have passed youth level 7.

### Winter Session 1

Mon	7:30 – 8 p.m.	Jan 9 – Feb 13	\$25
No class 1/16 Martin Luther King Jr. Day			
Wed	7:30 – 8 p.m.	Jan 11 – Feb 15	\$30
Sat	11:30 a.m. – Noon	Jan 14 – Feb 18	\$30

### Winter Session 2

Mon	7:30 – 8 p.m.	Feb 27 – Mar 27	\$25
No class 2/20 for President's Day			
Wed	7:30 – 8 p.m.	Feb 22 – Mar 29	\$30
Sat	11:30 a.m. – Noon	Feb 25 – Apr 1	\$30

## Special Pops Lessons Ages 4 to 17

30 minute lessons for participants with special needs. Each lesson participant is screened for admission and is limited to one 30 minute block per session. At the discretion of the Assistant Coordinator, participants may be placed in a small group lesson or receive one-on-one instruction.

To accommodate more students, there is a 2 session limit. Those participants wishing to continue after 2 sessions will be placed on a waiting list and contacted if space becomes available.

To set up an appointment, call Assistant Aquatic Center Coordinator at (206)684-4961.

## Special Pops Lesson Times

### Winter Session 1

Sat	2:30 – 3 p.m.	Jan 14 – Feb 18	\$30
Sat	3 – 3:30 p.m.	Jan 14 – Feb 18	\$30

### Winter Session 2

Sat	2:30 – 3 p.m.	Feb 25 – Apr 1	\$30
Sat	3 – 3:30 p.m.	Feb 25 – Apr 1	\$30

## Adult Lessons

### Ages 14 and up

Classes for both the non-swimmer and the experienced swimmer. Skills taught begin with basic water adjustment and end with advanced swimming strokes. Instructors make a skills assessment and tailor the lessons to the needs of the participants. Some optional basic diving skills may be taught.

### Winter Session 1

Mon	8 – 8:30 p.m.	Jan 9 – Feb 13	\$25
No class 1/17 for Martin Luther King Jr. Day			
Tue	11:30 a.m. – Noon	Jan 10 – Feb 14	\$30
Wed	8 – 8:30 p.m.	Jan 11 – Feb 15	\$30
Thu	11:30 a.m. – Noon	Jan 12 – Feb 16	\$30

### Winter Session 2

Mon	8 – 8:30 p.m.	Feb 27 – Mar 27	\$25
No class 2/20 for President's Day			
Tue	11:30 a.m. – Noon	Feb 21 – Mar 28	\$30
Wed	8 – 8:30 p.m.	Feb 22 – Mar 29	\$30
Thu	11:30 a.m. – Noon	Feb 23 – Mar 30	\$30

## Private Lessons

### Ages 4 and up

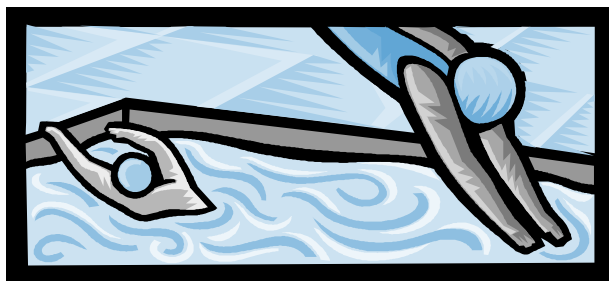
Half-Hour 1:1 or 2:1 private or semi-private lessons allow for customized instruction to meet individual needs. Sign-up in person at Front Desk. You may sign up for up to 4 lessons per session. When your lessons that session are completed, you may sign up for future lessons based on availability. Payment required at sign-up.

**Personal Lesson Refund Policy:** A participant may be issued a refund if he/she drops a lesson and notifies the program coordinator 14 days prior to the scheduled date. A service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a personal lesson with less than 14 days notice, no refund will be given.

**Transfer Policy:** Transfers will be accepted for personal lessons with at least 48 hours notice. Any open dates or times may be considered. No transfers will be accepted with less than 48 hours notice.

See cashier for availability. Call 206-684-4961 to make a request.

# Water Fitness



## Adult and Senior Swim

This swim has 3 lanes for lap swimming and an open area designed for easy swimming, aqua jogging, rehabbing, and easy water exercising.

**Mon – Sat** Noon – 1:30 p.m.  
**Tue/Thu** 9 – 10 p.m.

**Drop-in: Adults \$3.75, Sr., ADA \$2.75**

## Winter Adult Lap Swim Times

**Mon – Fri** 6 – 7:30 a.m. Jan 2 – Apr 1  
**EMLS — Ticket Admission Only**

**Mon – Sat** Noon – 1:30 p.m. 3 lanes

**Mon – Fri** 1:30 – 2:30 p.m. 3 lanes

**Mon – Fri** 2:30 – 4 p.m. 6 lanes

**\*\*\*Begins Feb. 13\*\*\***

**Mon – Thu** 5:30 – 6:30 p.m. 6 lanes

**Tue/Thu** 9 – 10 p.m. 3 lanes

**Fri** 5:30 – 7 p.m. 6 lanes

**Sat** 8:30 – 10 a.m. 6 lanes

**Sat** 4:30 – 5:30 p.m. 6 lanes

**Drop-in: Adults \$3.75; Sr./ADA \$2.75**

## Shallow Water Exercise

These shallow water work-outs are designed to help improve cardiovascular conditioning as well as increase joint range of motion and flexibility. AM and PM classes vary in intensity. Evening classes tend to be higher impact. Participants are encouraged to work at their own pace.

**Mon/Tue/Wed/Fri** 10 – 11 a.m.

**Tue/Thu** 8 – 9 p.m.

**Drop-in: Adults \$4.75; Sr/Yth/ADA \$3**

## Water Walking

Participants move through the water using various steps and movement patterns. The instructor emphasizes improving joint range of motion and flexibility by using the resistance of the water as a fitness tool.

**Thu** 10 – 11 a.m.

**Drop-in: Adults \$4.75; Sr/Yth/ADA \$3**

## Deep Water Aqua-Jogging

Aqua jogging is a great way to experience the benefits of aerobic exercise without the harmful impact of most land-based workouts. Participants wear a float belt to maintain proper body alignment and keep the head above water. Workout consists of suspended deep water running and interval routines augmented by enhanced upper body resistance training. Must be comfortable in deep water.

**Mon/Wed** 10 – 11 a.m.

**Drop-in: Adults \$4.75; Sr/Yth/ADA \$3**

## Hydro-Fit

Hydro-Fit is a 45-minute deep-water exercise program which uses ankle floatation equipment for buoyancy and resistance. Hydro-Fit workouts are designed to tone, strengthen, build endurance, develop coordination and increase flexibility. Participants must be comfortable in deep water.

**Tue/Thu/Fri/Sat** 10 – 11 a.m.

**Tue/Thu/Sat** 8 – 9 p.m.

**Drop-in: Adults \$4.75; Sr/Yth/ADA \$3**

## Masters Workout

Our staff will post a workout ranging from 2,000 – 3,000 yards. Lanes are arranged for different speeds and swimming abilities. This is a self-driven workout (i.e. not coached); however, knowledgeable staff is available to answer questions.

**Mon/Wed** 8:30 – 9:30 p.m.

**Drop-in: Adults \$4.75, Sr./ADA \$3**

## Videotaping & Stroke Correction

Have you seen yourself swim? We can help you! Come sign up for our new videotaping program — a must for all triathletes and competitive swimmers. We have two options available. Sign up with the cashier today!

**Option 1: Video with Consultation \$25**

We will videotape your strokes and watch them with you to correct your strokes and to improve stroke efficiency. The videotape is yours to take home with you.

**Option 2: Video Only \$15**

We'll videotape your strokes; you'll keep the video.

**Class Meeting Times**

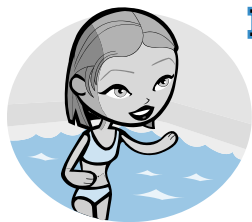
**Monday/Wednesday** 8 – 8:30 p.m.

**Saturdays** 11:30 a.m. – Noon

**Pre-registration with the cashier is required.**



## Recreational Swimming



### Free Friday Teen Late Night Swim

This Friday night recreational swim is set aside for teens only. They may enjoy the whole pool, diving board and slide under the supervision of our Lifeguards.

(There are no lessons offered at this time).

Additional structured teen programs and activities are scheduled at Green Lake Community Center. **Open to teens 13 to 18.**

**Must register with Green Lake CC Teen Program. Groups of 8 or more must call to schedule.**

For more info on teen programs, call Kalindi Gutierrez at 206-684-0780.

**Fridays**

**8 – 9 p.m.**



### Public Swim

This is a recreational swim for all ages.

Children under 4 feet tall and under 6 years old

must be accompanied by an adult into the water and remain within arms length of the child at all times.

**Saturdays**

**1:30 – 2:30 p.m.**

**Saturdays**

**3:30 – 4:30 p.m.**

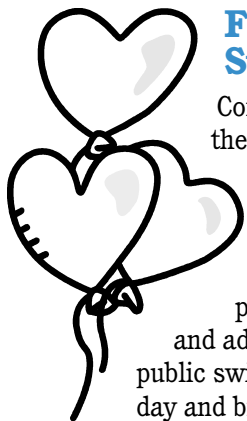
**Tue/Thu/Fri**

**7 – 8 p.m.**

**Drop-in: Adults \$3.75, Sr., Yth., & ADA \$2.75**



## Special Events



### Free Valentine's Day Swim/Potluck

Come on down and sing with the Sauna Lizards to all your old favorites. There will be live music, free massages, and lots of good eatin'! Free Swim for Adults Noon – 1:30 p.m. and free swimming for kids and adults at the 1:30 – 2:30 p.m. public swim. Come join us for a fun filled day and bring your favorite dish to share!

**Saturday, February 11 Noon – 2:30 p.m.**

**Free Adult Swim**

**Noon – 1:30 p.m.**

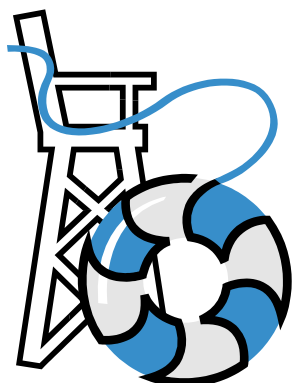
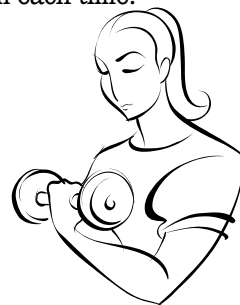
**Free Public Swim**

**1:30 – 2:30 p.m.**

### Weight Training Area

Evans Pool has a weight training area that includes a Universal Machine, a Stair Stepper, and some free weights. The weight training area is open during normal hours of operation and is open to adults 18 and older. There is a separate usage fee and participants are asked to sign in each time.

**Fees: \$2.50 for weights only,  
\$1 if paying for a recreational swim**



### Lifeguard Challenge

For Lifeguards who need to renew their Lifeguard Training, First Aid, and CPR for the Professional Rescuer certifications. Please bring your pocket mask.

**\*\*Participants must come prepared to be tested.\*\***

**Age: 15 and up**

**Sat, Feb 18 Noon – 3 p.m.**

**Sat, Mar 18 Noon – 3 p.m.**

**Fees: \$35 Must be prepared to test only**



## Community Centers

Alki.....	684-7430
Ballard.....	684-4093
Bitter Lake .....	684-7524
Delridge.....	684-7423
Garfield.....	684-4788
Garfield Teen Life Center.....	684-4550
<b>Green Lake .....</b>	<b>684-0780</b>
Hiawatha .....	684-7441
High Point .....	684-7422
Jefferson .....	684-7481
Langston Hughes P.A.C. ....	684-4757
Laurelhurst.....	684-7529
Loyal Heights .....	684-4052
Magnolia.....	386-4235
Meadowbrook .....	684-7522
Miller .....	684-4753
Montlake .....	684-4736
Queen Anne .....	386-4240
Rainier Beach .....	386-1925
Rainier.....	386-1919
Ravenna-Eckstein.....	684-7534
Sand Point.....	684-4946
South Park.....	684-7451
Southwest.....	684-7438
Van Asselt.....	386-1921
Yesler.....	386-1245

## Pools

Ballard.....	684-4094
<b>Evans.....</b>	<b>684-4961</b>
Madison .....	684-4979
Meadowbrook .....	684-4989
Medgar Evers .....	684-4766
Queen Anne .....	386-4282
Rainier Beach .....	386-1944
Southwest.....	684-7440
Colman (Summer only) .....	684-7494
Mounger (Summer only) .....	684-4708

## Environmental Learning Centers

Carkeek Park ELC.....	684-0877
Camp Long ELC.....	684-7434
Discovery Park ELC .....	386-4236
Seward Park ELC .....	684-4396

## Boating

Green Lake Small Craft Ctr ..	684-4074
Green Lake Boat Rental .....	527-0171
Mt Baker Rowing & Sailing ..	386-1913
Boat Launch Permits.....	684-4075

## Community Connections

Animal Control .....	386-4254
Aquarium Info.....	386-4320
Arboretum .....	543-8800
Ballard Little League.....	789-3288
Ballfield Reservations.....	684-4082

Bats Northwest.....	256-0406
Bathhouse Theater .....	524-1300
Compliments/Complaints .....	684-4837
Fremont Nbrhd Svc Ctr.....	684-4054
Green Lake Library.....	684-7547
Green Lake 2020 .....	781-8886
Green Lake Park Alliance ....	689-6266
Greenwood Nbrhd Svc Ctr.....	684-4096
Handicapped Programs.....	684-4950
Lake City Nbrhd Svc Ctr .....	684-7526
Meadowbrook Family Ctr.....	366-925
North Central Little League..	706-9268
Parking Enforcement.....	625-5011
Parks Information .....	684-4075
North-End Cab .....	363-3333
PAWS.....	743-3845
Picnic Reservations .....	684-4081
Pitch & Putt Golf.....	632-2280
RUG Youth Baseball .....	523-8377
Senior Adult Programs .....	684-4951
Seattle Tennis Center .....	684-4764
U-District Nbrhd Svc Ctr.....	684-7542
Wading Pool Hotline .....	684-7796
Wild Bird Clinic.....	824-6249
Woodlawn Youth Soccer.....	632-1930
Yellow Cab .....	622-6500
Zoo information .....	684-4800

# Green Lake Rooms For Rent

**Green Lake Community Center** has several rooms for rent that are GREAT for birthdays, meetings, potlucks, seminars, and other small gatherings. VCR/T.V. available for rent. Rooms are available for rent on holidays depending on staff availability; special rates apply. Stop by to check out our rooms or call 206-684-0780 for specifics:

**Toddler/Preschool Play Center:** HUGE room with bathroom inside, loaded with different play equipment. Food okay in lobby area just outside. Available Mon - Fri, 5 to 7 p.m.; Sat and Sun, 2:30 to 4:30 p.m. \$60 for 2 hours. **Note: Private rental times not reserved will be available for public use.**

**Teen Room:** Large newly remodeled room adjacent to the gym is available Mon - Fri, 10 a.m. to 3 p.m. and all day Saturday and Sunday when the room is not scheduled. No food or drink allowed.

**Multi-purpose Rooms:** One on the main floor and two on the second floor. Wood floors in all. Two with working fire places. One with attached small kitchen and restroom inside. Max capacity 60.

**Gymnasium (available on a very limited basis):** Great for children, teen, and adult low organized games and organized sports play.

## Evans Pool

Evans Pool is available to rent for special events and birthday parties Sat 5:30 - 9:30 p.m. and Sundays Noon - 8 p.m. (Sorry, no rentals are scheduled the second Sunday of the month.) For more information, call 206-684-4961 during operating hours. Please allow 2 weeks advance notice for all rental requests. Standard fee for 1 hour pool and 1 hour deck time for less than 30 swimmers is \$160 (fee increases with additional swimmers). Payment required to hold reservation.